



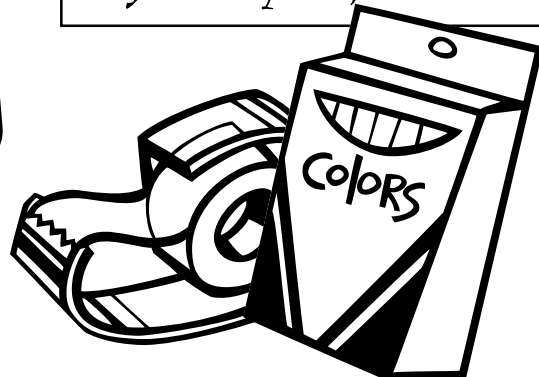
City Update

News and Information for City of Saint Paul Employees

January 14, 2000



Coming soon!



A new look for City Update

Job Openings as of January 14, 2000

Application Deadline	Job Title	Bi-Weekly or Hourly Salary Rate	Exam Date
Open	Clerk-Typist II - Spanish/Bilingual Speaking	\$23,861.00 ANNUAL	TBN
Open	Communications Technician	\$1365.82	Quals
Open	Communications Technician Trainee	\$1171.33	Quals
Open	Community Liaison Officer	\$1038.98	Quals
Open	Conservatory Attendant	\$9.17 per hr	Quals
Open	Engineering Aide II	\$1114.64	TBN
Open	**Food Service Assistant (part-time)	\$8.43 per hr	See Job Ann
Open	Food Service Helper (part-time)	\$7.75 per hr	See Job Ann
01/19/00	Food Service Equipment Repairer	\$13.67 per hr	01/21/00
Open	IS Information/Technical Analyst II	\$1397.98	Quals
Open	IS Information/Technical Analyst III	\$1550.12	Quals
Open	IS Information/Technical Analyst IV	\$1721.14	Quals
01/28/00	IS Systems Consultant II	\$23.19 per hr	Quals
Open	IS Systems Support Specialist II	\$1148.08	Quals
Open	IS Systems Support Specialist III	\$1397.97	Quals
Open	Parking Enforcement Officer	\$896.80	Quals
Open	Police Park Ranger	\$9.18 per hr	Quals
Open	Telecommunicator	\$1242.48	Quals
Open	Ticket Sellers - RiverCentre (part-time)	\$6.50 per hr (in training)	TBN

****This is a walk-in examination. Do not submit a job application before the test.** Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: (651) 266-6500 (TTY/TDD (651) 266-6501). For jobs announced after January 6, please call our 24-hour job line at (651) 266-6502.

Saint Paul

Minnesota's Capital City

COPING WITH ADDICTION

Millions of people abuse alcohol and other drugs, and many become addicted. Abuse and addiction affect not only the user: it often devastates friends and families. There is hope, however, because there is help for both those abusing or addicted, and for those who care about them.

Is there a problem?

Recognizing whether a family member has a problem with alcohol or other drugs is an important first step. Signs of alcohol/drug abuse include:

- ✦ Lack of interest in, or letting go of, major work, school, or home responsibilities;
- ✦ Drinking or using drugs in situations that are physically dangerous, such as operating a vehicle or other machinery;
- ✦ Recurring alcohol/drug related legal problems, such as DWI;
- ✦ Preoccupation with using;
- ✦ Development of a regular pattern of use;
- ✦ Denial and/or rationalization of use by the user;
- ✦ Continued drinking or drug use, despite ongoing relationship problems that are caused or worsened by use.

We now know that alcoholism and other drug dependencies are primary diseases. The disease concept is reinforced by a growing body of research that suggests a link between alcohol/drug abuse and addiction and an individual's brain chemistry.



Research has also shown that environmental factors, such as peer influences, a family history of addiction, and the availability of alcohol can influence alcohol use and abuse. Regardless of the cause of addiction, early recognition and treatment intervention are essential and life changing for those suffering from addiction and for their families.

Help is available!

Many types of assistance are available for the abuser/addict including detox programs, inpatient and outpatient treatment, counseling, and 12-step programs.

Some programs offer brief marital counseling and family therapy. In addition, programs often link individuals with community resources including legal assistance, job training, child care, and parenting classes.

Family members may also need help learning effective ways to deal

with a loved one's alcohol and drug abuse/addiction, or to gain important coping skills. Family members can consider discussing alternatives with a professional to help determine the best option and find needed resources; contacting a chemical dependency specialist directly; getting self-help books dealing with alcohol and drug abuse from libraries or bookstores; or participating in a self-help group with organizations such as Al-Anon.

Addiction can be life-threatening to both the addict and those around him or her: many addicts have lost their lives to an overdose of drugs or a high level of blood alcohol. Those in the near vicinity of an alcohol abuser or a drug addict have been seriously harmed or killed. Make your decision now!

HELP IS AVAILABLE!

Contact your Employee Assistance Resource (EAR) at 1-800-659-7594.

EAR staff are available to help you
7 days a week, 24 hours a day!

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